



The **Kindness** Handbook

www.bekindmovement.co.uk

Welcome...

Kindness is important and necessary now more than ever before, and this was amply demonstrated at the start of the pandemic. We clapped for our NHS and key workers, we helped neighbours and strangers during tough times, we provided meals to the most vulnerable. We shared mutual grief, empathy and compassion as a community.

Be Kind Movement captured images of compassion and empathy sent to us by the public, creating our [Kindness During Covid video](#) - a reminder of how mankind came together at a time of crisis.

But it is also a reminder that it should not just be tragedy that binds us. What binds us is what makes us innately human - Kindness, and that should be the norm in good or bad times.

Now is the time to embrace kindness in all it's forms. Thank you for reading this guide, I hope you will share it far and wide and help Be Kind Movement become just that - a movement.



**Remember there's no
such thing as a small act
of kindness.**

**Every act creates a ripple
with no logical end.**

Premila Puri
Founder and CEO
Be Kind Movement



How to use this handbook

This handbook is split into four sections that reflect the many roles and duties you may be undertaking in your life. You might be a young person in your first job, or a parent caring for your child(ren), whilst juggling working from home. Or an employee facing 'the new normal', and working for an employer who is also adapting to the impact of Covid-19 on business growth, profits and employee wellbeing. In all cases, we've got you covered!

For each section, we have chosen kindness values for you to reflect on and practice that enhance or improve your emotional and physical wellbeing, and therefore your mental health. For each value, we highlight ways to develop, practice and embed some of these activities, with examples and links providing further information.

Our amazing team of dedicated educational research volunteers have compiled this handbook and we hope this empowers you to be kind to yourself and to others.

What's inside?

The Ten Kindness Values

Children & Young People

Parents and Carers

Employees

Employees

Your 30 Day Kindness Calendar

What's next? Ways to keep being kind

Kindness Values

**Definition of Kindness:
'the quality of being
friendly, generous
and considerate'.**

Be Kind Movement has chosen ten values that express kindness to ourselves, and to others in our daily lives. Life is beautiful but complex, and with complexity comes challenges.

How we choose to deal with life's challenges determines our mental and emotional state of wellbeing.

Choosing to be kind to ourselves when facing stress, or expressing a kind gesture to someone facing anxiety, helps us and those around us to cope more successfully with life's challenges, and create a harmonious environment to operate within.



KINDNESS BEGINS WITH ME

As you read through this handbook, consider how you can act kindly to yourself and to others in your life.



Integrity

Act in a way you know to be kind in all situations



Resilience

Adapting well in the face of adversity



Care

Showing concern for others



Respect

Treating people, places, and things with kindness



Responsibility

Acting in a reliable manner with due care and consideration to others



Assertiveness

Standing up for yourself and others without being aggressive



Mindfulness

Attention, Intention and Awareness for yourself



Compassion

Being willing to understand and empathise with others



Gratitude

Showing appreciation and returning kindness to others



Courage

Being brave when facing new or difficult circumstances

Children & Young People

It's not easy being a young person right now. The world is changing fast and the path out of the pandemic is unclear. In the first lockdown, you may have been stuck at home without the opportunity to hang out with your friends; the novelty of home learning eventually fading; perhaps you missed a lot of school this year; and even with school resuming, extra curricular activities (especially after-school jobs) would have been restricted.

Outside of the pandemic, you may be facing personal issues and conflict, perhaps at home or with friends. It may feel like an overwhelming and confusing time right now.

Now is the time, more than ever before, to look after your mental, physical and emotional health. A willingness combined with a few tips and techniques will help you to feel better, sleep better and maintain positive relationships with people around you.

If you invest this kindness towards you today, the Older You will thank the Younger You in years to come!



Core values

Four core values to embody Kindness to Yourself and to Kindness to Others:



Resilience



Mindfulness



Gratitude



Courage

In the sections that follow, we present some ideas on embodying these values at home and at school during times of uncertainty and stress.

Resilience

Being resilient means not giving up when you are facing challenges and difficult situations. It means drawing energy by focusing on your internal strength, and marching forward with single-minded determination. A resilient mind is disciplined and calm in the face of obstacles. Here are some tips:



Practice makes perfect

Set weekly realistic goals, give yourself time to improve your skills, and document your progress - on your voice memo or on video. Congratulate yourself when you achieve your weekly goals.

Know yourself

Be patient. Recognise when you need to ask for help. You will progress faster!

Get creative

Tragedy can give rise to heightened emotions; sometimes it's easiest to not want to talk to anyone, and that's fine. Do something else to express your emotions: journaling, painting or rapping.

Positive people

Surround yourself with others who are resilient, who have a goal or a purpose, who are kind-hearted and fun!

Mindfulness to yourself



Definition of mindfulness: 'a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations'.

Look after yourself

Eat a balanced diet, drink plenty of water, make sure to get exercise and fresh air everyday. Schedule in time for your friends - virtually or in person, if possible. Switch off all screens before sleeping or install a blue-light filter (there are many free apps) to regulate your sleep cycle.

Cut yourself some slack

When facing rejection of any kind, don't beat yourself about it. Focus on what you learnt and rationalise irrational thoughts by challenging them (*I can't do this vs. I've never done it before, so I can't do it yet*);

Use online resources

Click on the [guide](#) to discover how to use mindfulness daily to strengthen your mind.

Gratitude

Gratitude goes beyond just saying thanks - it is a genuine appreciation and active acknowledgment of someone else's effort towards you. People who practice gratitude tend to be happier than those who do not. There are four ways below to evaluate acts of gratitude:



Notice

What are some things in life that you are grateful for? Is it a gift or an action bestowed on you? Does it carry a greater meaning because it shows someone cares about you?

Think

Why did they give you this gift? Can you think why you should return the favour? What did you do to earn it? If nothing comes to mind, be even more grateful for this random act of kindness.

Feel

How did this gift or action make you feel? What physical feeling or memory did it evoke? Describe the feeling of receiving the gift or action in 3 words!

Do

Is there a way that you can show that you feel happy about this gift? Are you excited to share your feelings? How would you reciprocate? How can you randomly pay this feeling forward?

Courage

Courage isn't about being fearless just for the sake of it. Being courageous means being brave to stand up against your own self-doubts, or to stand up for others in the face of injustice or unfairness, even if you're somewhat afraid on the inside.



Start simple

Say hi to a neighbour you've never spoken to before, try a new experience - sign up for a class or activity that seems intimidating.

Do something for others - volunteer your time to your local community, learn more about social justice or something you've always been interested in but never understood!

Remember resilience?

Some of the most successful people failed over a hundred times but they are remembered for their courage in overcoming failure by being focused. Be ready for new experiences knowing that you will succeed in time.

Stand up for others

If you see someone being treated unfairly, do you have the courage to stand up and speak up for them?

**Tell me who your
friends are, and I
will tell you who
you are.**

Mexican proverb

Covid friendly activities

Audiobooks

If you haven't tried them before, click [here](#) to read wellbeing benefits of audio books. Does your favourite celebrity have an audio book or a podcast? Is your favourite film based on a book? Check out free audiobooks here: [LibriVox](#).

Children's books

Explore free books available on MonkeyPen and OxfordOwl.

Exercise

Stay active! Check out the Active At Home resources from London Sport.

Journaling

Why not try out Gratitude Journaling as an act of mindfulness and improve your awareness of how you feel?

Teen's books

Barnes and Noble and Classicly have free e-books available.

Stay connected

Go old-fashioned! Write letters or send postcards to friends and family, play online multiplayer games, schedule in time to check in on people and to catch up.

Never stop learning

Check out the online tours available [here](#) or [here](#) and virtually visit museums and places all over the world, try learning [smartphone](#) photography, create your own comic book, learn a new language on Duolingo, practice your [typing skills](#).

carpe diem

We hope that some of these suggestions will resonate with you, and that you recognise your youth to be filled with amazing potential and opportunity for growth. Adopting even a handful of these intentions **will** help you in the future - there's science to back it up!

Your body, emotions and your mind will thank you for taking care of them when you're older, even if that feels like a long way away right now.



Parents and Carers

Raising children is a tough job requiring sacrifice and financial investment alongside being physically and emotionally demanding. Single carers or parents are more likely to experience lower emotional well-being, and higher incidences of depression than adults without children.

Through Covid-19, parents have reported feeling more isolated, experiencing higher levels of stress due to the challenges of balancing work commitments with childcare and home schooling.

In addition, some parents would have been shielding, others would have had to take on extra shifts at work to make up for absent colleagues.

Being able to better manage the stress of modern-day life will help to improve mental and emotional health, and create a more conducive relationship between parents and children.



Core values

Three core values to embed Kindness to Yourself



Care



Responsibility



Mindfulness

In the sections that follow, we present some ideas on embodying these values at home during times of uncertainty and stress.

Care

Open and honest communication will create an atmosphere that allows family members to express their thoughts and differences, as well as love and admiration for one another. We have shared examples of a few activities to nurture a more caring environment at home.



Change the scene

Run a bath, go for a walk/cycle, build a blanket fort with young ones.

Talk through the bad

Not every day is a sunny day however talking it out can actually create a bond as you problem solve together as a family.

Share stories

Did something funny happen at school? Can you tell them something funny that happened at work? What you did when in a similar situation at their age?

Bond over goals

Spend some time at the dinner table sharing your goals for the week and asking children about theirs!

Responsibility



Caring for children carries with it a mountain load of responsibility, there's no way around that. Creating boundaries to establish what you are responsible for and what you are not, will help to alleviate pressure and stress on you. Do your best and don't give yourself a hard time. You can try exploring how you relate to the table below.

NOT RESPONSIBLE FOR

- Kids always being happy
- Approval of the other parent
- Controlling children all the time
- Never allowing children to struggle

RESPONSIBLE FOR

- Tough decisions for their benefit
- Promoting independence
- Influencing children
- Holding children accountable for their actions

Mindfulness to yourself

Learning to better manage stress will help to physically reduce levels of cortisol in your body, help to mentally deal with daily frustrations, whilst improving your emotional well being.



Stop. Focus. Breathe

When faced with panic attacks or stress, stop and focus a few minutes on your breathing. Take a deep breath in and count 1,2,3. Breathe out to the count of 1,2,3. Repeat.

Take time out for yourself

Carry the “when the baby naps, mummy or daddy naps” mentality – when they're relaxing, you should too!

Calmer

Our well being partner, Calmer, offer a range of well being tips and techniques for mindfulness which includes working from home. Click [here](#) to read their blog.

Guided meditations

Apps for children include Stop, Breathe & Think Kids. Other Apps include The Mindfulness App, Headspace, Calm & free YouTube videos.

Covid friendly activities

Audiobooks

If you haven't tried them before, click [here](#) to read well being benefits of audio books. Check out free audiobooks in the public domain on [LibriVox](#).

"Listening" walks

To help you tune out for a moment, pay attention to your surroundings: how many different types of trees can you see? Close your eyes and try to distinguish between the birds by their song-type. Do you see any shapes in the clouds?

Creative Exercises

- Dabble in Origami;
- Create your own artwork through mindful Mandala workshops (check out [Sharmin Malik](#) on Facebook);
- Creative cooking: dedicate an afternoon to cooking an exotic dish such as Pad Thai or Nasi Goreng! Why not try these recipes with your children?
- Check out [these games](#) to increase your creativity if you're stuck for ideas.

Journaling

Why not try out [Unsent Letter Journaling](#) to put all your thoughts and feelings onto paper?

You know yourself best

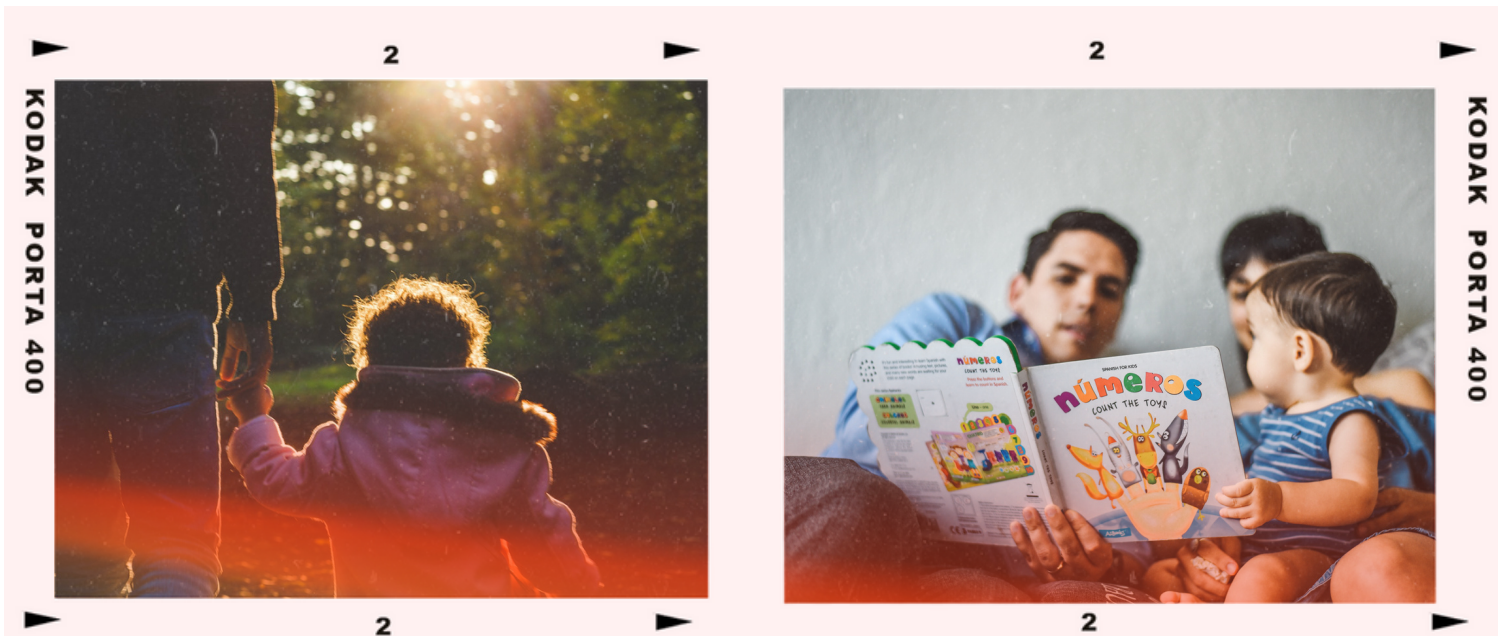
Whilst we have listed activities for you to consider, these are simply suggestions. The decision to try something new or to stick with what works is solely yours. The key to well being is to start with **YOU** and it involves not placing yourself under unrealistic internal expectations or entertaining unrealistic peer pressure.

Stick to your support group who appreciate you and use your instinct to guide you when uncertain. Don't be fooled by the appearance of parents who make parenting look like a breeze - you don't know what happens behind closed doors. Carry your sense of humour wherever you go!

You are the only You that will ever be. You are kind of a big deal.

Jen Sincero

Any accomplishment, no matter how small, activates the reward circuitry of our brains. When this pathway is opened, key chemicals are released that give us a feeling of achievement and pride. Celebrating the smallest of achievements can have positive outcomes for mental well-being as this can boost your confidence, regulate emotions, and reduce feelings of anxiety. Remember to celebrate you and those around you as often as you can!



Employees

In the UK, 2019/20 saw work-related stress, depression and anxiety account for 51% of all work-related ill health, and 55% of all days lost due to work-related ill-health. Stress causes decreased job satisfaction, reduced productivity and motivation, with damaging effects on overall wellbeing.

COVID-19 is likely to have impacted you in multiple ways too: concerns over exposure to the disease, the fear of being made redundant or the stress of multi-tasking work with home learning, and caring for loved ones. Working from home is the new normal and has probably changed how we will work in future, even in a post Covid era.

It is imperative to focus on your emotional and mental well being now to help you to better manage job related stress and anxiety, ensuring a healthy, enjoyable and productive career in the long-term.



Core values

Three core values to embed Kindness to Yourself



Care



Resilience



Assertiveness

The following sections explain how you can embody these values in the workplace (or when working from home) to increase your physical, mental and emotional wellbeing.

Care

Employees that demonstrate care for each other are likely to be more productive and forge workplace friendships that increase job satisfaction. Even though your colleagues may be out of sight for now, don't keep them out of mind!



Offer to help

Your colleagues may not take you up on it, but offer help to create a culture of kindness at work. At work, this could be as simple as batch-brewing coffee or tea (with washed hands of course!).

Value each other

Verbal recognition of contributions, reminding colleagues of their strengths or lending a sympathetic ear are great morale boosters.

Self-care

Take a mini break at regular intervals, step away from your computer for lunch, or jog on the spot to get your energy levels replenished during late afternoon energy dips. You could also try some online [quizzes](#) or online [drawing](#).

Help your community

Cultivate human connections with some pro-bono work for your local charity.

Resilience



Every job has its stressful moments and this is often unavoidable. However, how you choose to react to an inconsiderate colleague or a demanding workload is within your control. Recovering from setbacks, adapting to change and striving through adversity means staying resilient and not letting things affect you in a detrimental way.

Build a support network

Discuss issues with peers and mentors to identify and collaborate on solutions. Check in with colleagues and friends outside of work.

Look after yourself

Have contingency plans! Ensure a daily routine, ask for mental health resources, seek feedback for improvement. Try [these exercises!](#)

Dealing with bullies at work

Unfortunately, bullies can be commonplace at work. Stand up and speak up early on by calling attention to their actions, and why their behaviour is an issue. Check out online resources to [know your rights](#) and how to further [handle the situation](#).

Reflect

Consider how far you have come and your achievements to date. There's only one of you. So raise a glass and toast YOU!

Assertiveness

Assertiveness (or lack of it) can dictate the quality and enjoyment of your day-to-day job. It is not to be confused with being pushy or aggressive. Expressing yourself effectively improves your confidence and self-esteem whilst earning you credibility and respect with your boss and colleagues.



Recognise your contributions

Avoid listening to judgments, focus instead on constructive feedback. Value yourself and your deliverables, with an attitude focused on solutions.

Prepare

Do your homework for promotions and pay negotiations. List achievements, impact on bottom line and your growing responsibilities!

Build your support network

Seek mentors within the business who can offer impartial advice and guide you. Alternatively, look for an external mentor or join a professional networking group to meet individuals who can provide support to each other during times of professional crisis.

Covid friendly activities

Music

Put on your favourite playlist, hum or whistle along. Discover some new songs depending on your mood! Fast music can help you feel alert and energised, upbeat music can make you feel inspired, slower songs can relax your mind and muscles. There's a song for every mood!

Dance

Dancing helps to reset your nervous system and improves coordination which helps to improve your brain health. Have a go, have fun with [these moves?](#)

Stay human

Socialise online - check out these [video calling activities](#) to try with colleagues and friends. Check out creative [Mandala workshops](#) from Sharmin Malik, learn [new skills online](#) and sign up with others.

Free Gaming Apps

Try [these apps](#) to reduce anxiety and stress of daily work life!

Journaling

Why not try out [Photo Journaling](#) as a quick way to reflect on your day. You can create an online blog, or just save a folder on your phone!

Believe in yourself

History is rife with stories of some of the most successful entrepreneurs starting their businesses in their 50s. Others who were constantly learning and re-inventing themselves whilst there were those, who despite failures, persevered with their vision. Think Richard Branson, Alan Rickman (who made his acting debut at the age of 41!), Oprah Winfrey and Whatsapp founder Jan Koum, to name a few.

A positive and kind attitude, with a resilient and growth orientated mindset, will help you to deal with the curveballs your professional and personal life throws at you. As an employee, you may lead several different lives - you may be a parent and also a carer of your elderly parents. Recognise your inordinate internal strength - believe in yourself and tap into your inner reservoir of resilience!

A little thought and a little kindness are often worth more than a great deal of money.

John Ruskin

Setting boundaries, as you juggle multiple priorities, will help you to strike the necessary balance. There are three major types of boundaries:

- Physical Boundaries: involve physical touching or personal space;
- Emotional Boundaries: involve feelings and emotions;
- Mental Boundaries: involve thoughts, expressions and opinions.

Communication is KEY

Make sure that your colleagues, peers and managers understand what your hard-no's are. This could mean that you don't do any work at the weekends, or that you're not going to be doing extra-curricular activities on top of your regular tasks. Clear communication at the outset manages expectations and enforces respect of your requests or, at least, an understanding when you say no to certain things.

Turn off when you are OFF

When you leave the office or classroom, it is important to unplug. In order to achieve a healthy work-study-life balance, you need to commit to this mindset. This means that, just as you focus on work when you're at work or at school, you need to focus on being at home, when you are at home. This means, **be in the present** wherever you are. Avoid checking your emails at family dinner or taking calls in the middle of your weekend.

Employers

As an employer, you have to ensure that your business is profitable and adds to shareholder value, whilst hiring world class talent who are productive and motivated. Stressed executives or those absent due to ill-health directly impact the bottom line of the business and the morale of the team or department. Working practices and HR policies that are ethical and employee friendly can drastically reduce employee stress, grievances and time off due to poor health.

Outside of creating an open and more compassionate working environment, studies have shown wellbeing initiatives lead to improved productivity and motivation. The financial impact of Covid-19 has been severe on many organisations resulting in difficult decisions and an uncertain future.

However those organisations that manage or deal with their employees with empathy and kindness will be the ones that customers remember in a world where consumer purchasing decisions are increasingly influenced by ethical and environmentally friendly considerations.



Core values

Four core values which embody Kindness to Others.



Respect



Integrity



Compassion



Responsibility

Embedding these values into the DNA of your organisation will help to create a culture that promotes compassion and encourages respect amongst employees. Being an ethical and responsible business, aware of the impact of your actions on the community and the planet, builds consumer confidence and loyalty in the brand, pivotal to corporate success.

Respect

The most commonly cited value that employees wish to feel at work is respect. Being respectful towards employees empowers and motivates them to give their best in terms of dedication and hard work which in turn boosts productivity and loyalty to the business.



Treat others how you want to be treated

Check out these [tips](#). Be fair to all equally, practice transparency, trust employees with meaningful work, recognise achievements, be inclusive and diverse in your workforce.

Be an ethical employer

Refrain from office politics. Implement company [ethical policy](#) to cover personal and professional codes of conduct expected of employees.

Ensure demands are reasonable

Avoid setting workloads that are unrealistic for employees, set in place reasonable expectations from clients too to protect employees further.

Discuss issues

Avoid judgmental or emotive language, consider other's point of view, use issues as a learning curve, be impartial as much as possible.

Integrity



Integrity in the workplace promotes trust within a business and between employees so the Board and the Management team should take the lead in modelling exemplary leadership. Showing strong moral judgement and exemplifying this in all business activities will have a trickle-down effect on employees.

Care about the cause

Show employees that you care about their well being and personal goals – inspire the team by building CSR into the company's mission; approach issues with sensitivity.

Make time for breaks

Set an example by management team not working through lunch, and encourage others to avoid it.

Lead by example

Show personal awareness – demonstrate accountability for your own actions, arrive and leave at times you expect your employees to do so, be honest about the company's goals and motivations.

Open and honest communication

Listen to employees' concerns and ideas, respond to feedback with positive reinforcement.

Compassion

Leading with compassion is crucial to effective management. Stress is often unavoidable in our working and personal lives, and there will inevitably be times when the two have conflicting needs. Showing compassion to employees in their time of need has never been more important in the workplace than now. Kindness begets Kindness!



Show kindness

Consider employees' opinions, be generous with office treats, display inspirational quotes, offer budgetary allowances for WFH space, promote Friday company lunching.

Work-life balance

Be open to alternative arrangements (for yourself and for your employees), provide mental health resources to ease stress on employees.

Show trust and confidence in employees

Lean on their strengths, acknowledge struggles and weaknesses, and commit to working with them, for them.

Share successes

Create opportunities for growth, celebrate achievements and create time for reflection on individual success.

Responsibility

Being a responsible employer will lead to a credible reputation as an employer of choice, internally and externally, whilst giving the company a competitive advantage. Being perceived as a responsible entity is attractive to potential employees, clients and investors, and ensures positive brand image and drives growth.



Environmental Responsibility

Make sure your business is compliant with environmental legislation. Waste and recycle efficiently, support protected areas, prevent pollution and respond quickly to remedy damage to environment and to avoid a PR disaster! Ensure communities are not damaged by your business operations.

Social Responsibility

Hire without discrimination towards ethnicity, gender, religion, sexuality, disability and age. Offer equal pay, provide mental wellbeing support and investigate harassment complaints and grievances thoroughly. Deliver workshops or guides and drive volunteering initiatives and financial schemes within your neighbourhood that helps local communities to prosper.



Covid friendly activities

Journaling

Why not try out One Word Journaling as a team exercise on mindfulness at work. Grab a notebook or use the notes folder on your phone and write one word at the end of each day to express either how you feel or how your day went. At the end of the week, look back and discuss how you have managed mindfulness this week to yourself and others. Discuss the results within your team or department!

Organise projects for employees

Check out ideas [here](#) on how to keep your employees connected through the pandemic! Follow the guidelines to create your own [doodle challenge](#). Help your employees to [de-stress!](#)

Encourage and empower your team to donate [resources](#) and [time](#);

Get inspired

Check out these [TED talks](#) to inspire your management and leadership team! You could try out these [life hacks](#) plus share ways to help [relieve stress](#) within your team.

**Human kindness has never
weakened the stamina or
softened the fiber of a free
people. A nation does not
have to be cruel to be tough.**

Franklin D. Roosevelt

Be a positive influence

Lip service, and being purely profit driven are relics of the past. This has been replaced by a social impact strategy that sits within the heart of a company's business model, within the day to day workings of the business, culture and DNA - all of which drives revenue, growth and community engagement in a way that benefits the company, employees and society at large.

An organisation is a powerhouse when it comes to using their power for good. Companies who do well are the companies who place profit and purpose alongside each other.

They do well by doing good.



Your 30 Day Kindness Calendar

Here's a fun, interactive 30-Day Activity Calendar that specifically looks at improving mental wellbeing and encouraging self-awareness.

Everybody grows at a different pace.

Believe something amazing could happen.

Take a deep breath.
In. And Out.

Be gentle with yourself, you are doing the best you can.

Write a Letter to the Future You.

Make a Plan for the day.

Send a Positive note to a friend.

Go outside and make Note of what you see.

1

2

3

4

Being healthy is the real wealth.

Give yourself permission.

Self-care is how you take your power back.

Your mark on the world will be remembered.

Try a new Recipe or Meal.

Watch something Funny.

Engage in active Self-Care.

Take photos of things you Enjoy.

5

6

7

8

ACTIVE SELF-CARE INCLUDES A HOT BATH, A DANCE ROUTINE, A SKINCARE REGIME - THE WORLD'S YOUR OYSTER.



Cherish each moment as it happens.

Take your time.

You deserve the same affection you give out to the world.

Honor your progress.

Make a Plan to meet friends or family.

Be Creative! Express your emotions.

Do something you Want to do.

Go to bed early to Unwind and Relax.

9

10

11

12

Vitamins and nutrients help to rejuvenate.

Focus on your dreams.

Everyone has a place in the universe.

Create space for your needs today.

Cuddle a pet or watch cute animal videos!

Make a bucketlist of things to Achieve before your next milestone

Discover values and traditions of another culture.

Make a list of four things you are thankful for.

13

14

15

16

Over Half way through - Keep it going!

You are the priority.

Nourish your soul.

You can do it.

You can light up the room with your energy.

Drink at least 8 glasses of water today.

17

Have a Tech-free evening.

18

Aim to walk at least 10,000 steps today.

19

Make an Active effort to smile more today.

20

Be the change you want to see.

It's okay to not feel okay sometimes.

Be aware of your presence.

Kindness is a universal language, it connects people.

Write down 6 positive things about yourself.

21

Call a friend or family member to catch up.

22

Look up at the Sky for 10 minutes.

23

Offer to help someone in your local community.

24

One step at a time.

Be your own supporter.

You are doing your best but remember to rest.

Potential is unlimited if you stop limiting yourself.

Follow an online Workout Routine to get your body moving.

25

Create a Poster or Collage of things that make you proud.

26

Create and Listen to a Playlist.

27

Watch a TED talk or Documentary.

28

The more grateful you are, the more present you become.

Action may not always bring happiness, but there is no happiness without action.

Re-Read the Letter you wrote to yourself.

29

Create a Law of Attraction Mood-board or Collage.

30

LAW OF ATTRACTION

Simply put, the Law of Attraction is the ability to attract into our lives whatever we are focusing on. In basic terms, all thoughts turn into things eventually.

You completed the
30-day calendar!

What's next?

Congratulations, you have now completed the Be Kind Movement handbook!

So, what's next? Here are some further resources so you can keep spreading kindness to yourself and to others.

Thank you so much for being part of our movement and showing kindness to yourself and others.

Further links to explore Kindness to Yourself:

[Daring to Live Fully](#)

[Psychology Today](#)

[TED Ideas](#)

Guiding Kindness links:

[Worksheets](#)

[Think Kind](#)

[The Daily Kind - The Cool To Be Kind Project](#)

Be Kind Movement Videos:

[Making Kindness the Norm](#)

[Kindness During Christmas](#)

[Kindness During Covid](#)

[Mental Health AwarenessWeek](#)

and remember...

FE

kind



One **KIND** act can change someone's life
Many such acts can create a **MOVEMENT**



www.bekindmovement.co.uk



www.facebook.com/bekindmovement



twitter.com/bekindmovement1



www.instagram.com/bekindmovementuk



www.linkedin.com/company/be-kind-movement